

EAT THE HEAT:

Extreme Heat

Heat related deaths are preventable

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.









Construction worksites



Cars

HOW to AVOID:





Stay hydrated with water, Stay cool in an avoid sugary beverages air conditioned area



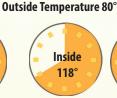
Wear light-weight, light colored, loose fitting clothes



During extreme heat the temperature in your car could be deadly.



Time Elapsed: 20 minutes



Time Elapsed: 20 minutes



Time Elapsed: 20 minutes

HEAT ALERTS: Know the difference.

HEAT OUTLOOK

HEAT WATCHES

HEAT WARNING/ADVISORY

Minor

Excessive heat event in 3 to 7 days

Excessive heat event in 12 to 48 hours

Major Excessive heat event in next 36 hours

DID YOU KNOW?

urban areas may be at a greater risk Those living in from the effects of a prolonged heat wave than those living in rural areas.

heat-related illnesses Most occur because of overexposure to heat or over-exercising.

can significantly slow the skin's ability to release excess heat.

people died in the US as a result of extreme heat in 2011.

\$30 BILLION estimated total cost of the 2012 US drought and heatwave.

For more information on ways to beatthe heat please visit: http://www.cdc.gov/extremeheat/

